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ABSTRACT

This book is designed to help aquatic instructors in meeting the needs of individuals with disabilities in general or adapted aquatics programs. Part 1, "Foundations of Adapted Aquatics," introduces various philosophies and issues having to do with initiating adapted aquatics programs. Chapters address the benefits of aquatic activity, models for structuring a program, and principles and practices for implementing inclusion polices and creating the least restrictive environment in the aquatic setting. Information on competencies and resources for adapted aquatics personnel is the focus of Part 2, "Facilitating Instruction." Chapters discuss essential communication skills, transferring and positioning techniques, participant care and safety, behavior management, common challenges to aquatic participation, implications for the aquatic environment, and modifications of swimming skills and equipment. Part 3, "Program Enhancement," reviews considerations for choosing a program that best meets the needs of the participants, provides examples of model programs, examines the status of aquatics within sports organizations, considers issues regarding participation by individuals with disabilities, examines aquatic fitness concepts, discusses how to modify fitness activities, and provides tips for common physical conditions requiring aquatic rehabilitation. Included are 113 photos to illustrate practical applications of concepts. Review questions at the end of each chapter summarize important points. Appendices include games and activities for various age groups, assessment forms, and adapted aquatics program resources. (Contains over 250 references.) (CR)

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